

POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, Jan. 22, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

Notice to housing occupants

Hanford County will not take paper or cardboard contained in plastic bags. They will only accept paper and cardboard in paper bags or cardboard boxes. Recycle refuse cans may also be used. Housing occupants may continue to use plastic bags on Recycle schedule days that specify containers for pickup (cans and bottles).

For more information, call Chris Barwick, Directorate of Installation Operations, 410-306-2349.

Martin Luther King Jr. birthday commemoration

APG will hold a commemoration in honor of the Rev. Dr. Martin Luther King Jr., Jan. 16, noon to 1:30 p.m., at the Post Theater.

Guest speaker will be the Rev. Dr. Frank M. Reid III, senior pastor of Bethel A.M.E. Church, Baltimore. The Gospel Tabernacle Deliverance Choir directed by Christine Robertson will perform.

For more information, call Capt. Scott Newkirk, 410-436-5460; or Sgts. 1st Class Rodney Yelder, 410-278-3598; Thomas Serino, 410-278-1534; Peggy McCormick, 410-278-9140; Ismael Martinez, 410-278-2529 or Duffie Robertson, 410-278-1053.

KUSAHC begins Saturday walk-ins

Saturday appointments at Kirk U.S. Army Health Clinic will not be required after Feb. 1. Instead, walk-in hours will be in effect from 9 a.m. to 12 p.m. on Saturdays.

Adults and children will be signed in and seen on a first-come, first-served basis. Patients presenting an acute problem will be triaged by a registered nurse and may have priority.

There is no change to weekday operations; patients should still call 1-888-999-5195 or the Nurse Triage at 410-278-1751 for an appointment during the week.

Call '911' for emergent problems such as chest pain, respiratory problem, shortness of breath, etc.

Top of Bay closed Jan. 17

Top of the Bay will be closed for lunch on Jan. 17 and will reopen Jan. 21.

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MWR

Tax season is here Getting help from the APG Tax Center

Sandra Williams
OSJA

Income tax season is here. Are you prepared to file your tax return? Do you need help in preparing your return? Would you like to file your return electronically for free, and get the refund back faster than if filed by mail?

Free tax assistance

The Installation Tax Assistance Program, directed by the Office of the Staff Judge Advocate, Client Services Division, will provide free tax assistance to qualifying active duty military members (those holding an active duty ID card), retirees and family members.

National Guard members or reservists not mobilized are ineligible for these services.

Trained volunteers

A Consolidated Taxpayer Assistance Center located in building 310, Wing 9, 2nd floor, will be open Feb. 1 to April 15, (excluding RDO Fridays and weekends), 8 a.m. to 4 p.m. Eligible taxpayers can call the tax center to make an appointment at 410-278-1208.

Volunteer Income Tax Assistor soldiers, certified in federal and Maryland state income tax return preparation, have been assigned to work at the tax center on a daily basis.

Being prepared

Taxpayers should bring the following documents to their appointment at the center:

- a copy of the previous year's tax return
- original W-2 statements
- Form 1099s stating interest, dividends or capital gains, distributions from pensions and IRAs
- Social security cards for self, spouse and all dependents
- alimony information
- child care expenses and provider identification and address
- Power of attorney signed by spouse if planning to sign spouse's name on a joint tax return



- Blank check with routing and account number if planning to get a direct deposit refund this year.

If planning on itemizing deductions or the taxpayer owns a rental home, bring the following documents to the appointment:

- mortgage interest statements (Form 1098)
- medical receipts
- rental reports
- investment statements
- charitable contribution receipts

If taxpayer sold stock this year, calculate sales price and cost basis of the stock prior to coming to the tax center. VITAs will not calculate these figures. Documents needed depend on individual situations.

The Tax Center cannot help prepare a return without the needed documentation. Failure to produce any of the above documents can lead to an inaccurate tax return and IRS penalties against the taxpayer.

If the necessary documents are not brought to the appointment, VITAs will reschedule the appointment.

Tax forms

Tax forms can be obtained at the library, the post office, or the Taxpayer Assistance Center. The Taxpayer Assistance Center also has out-of-state tax forms.

Electronic filing

Free electronic filing is also available through the Taxpayer Assistance Center. However, VITAs must prepare the tax return at the tax center to electronically file the tax return.

Electronic filing will enable taxpayers to receive refunds by check or direct deposit into their bank account rather than having it mailed.

The average return time is approximately three weeks for a mailed check and about seven to 10 days for direct deposit.

For more information and assistance with tax preparation and/or electronic filing, contact the Taxpayer Assistance Center, building 310, Wing 9, 410-278-1208.

New TRICARE Mail Order Pharmacy opens March 1

Rudi Williams

American Forces Press Service

More than 400,000 military pharmacy mail order customers will be switched March 1, to a new TRICARE Mail Order Pharmacy program, according to Army Col. William D. Davies of the TRICARE Management Activity, Falls Church, Va.

Services will continue under the National Mail Order Pharmacy contract until Feb. 28, 2003, he noted. The next day, March 1, Express Scripts Inc. will provide services under the new TRICARE Mail Order Pharmacy program, Davies said.

Express Scripts Inc. of Maryland Heights, Mo., won the \$275 million, five-year contract in September to provide mail order pharmacy services for TRICARE beneficiaries.

The director of DoD pharmacy programs, Davies said beneficiaries who have refills remaining on prescriptions on March 1 will be transferred to Express Scripts so they can continue ordering medications on time, with a few exceptions.

"We can't transfer narcotics or other controlled substance prescriptions. Nor can we transfer compounded prescriptions — those that are physically prepared by the pharmacy," said Davies, a registered pharmacist with more than 23 years of active duty service.

Medication that requires refrigeration is shipped through priority mail or a courier service, such as FedEx, the pharmacist said. "That's one reason we don't send medications that require refrigeration to APO and FPO addresses overseas," he noted.

TRICARE beneficiaries living and working overseas can use the mail order pharmacy if they have an

APO, FPO or a U.S. embassy address. But the prescription must be written by a provider licensed to practice in the United States.

In early January, current users should receive a post card announcing the new services. That will be followed by a mailing, which will include a registration form, a description of benefits and a brochure covering the TRICARE program.

Those eligible to use the current mail order program or the retail benefit are eligible to use the new TRICARE mail order program. New customers have to register for the program. Information will be provided through the TRICARE service centers, military treatment facilities pharmacy as well as their marketing points of contact.

The usual delivery time for medication is five to seven days. The easiest way for patients to ensure they don't run out of their medication is to have the provider write for up to a 90-day supply with up to three refills. The beneficiary can request a refill once 75 percent of the medication has been used.

"So about Day 70 into their medication, they can request a refill," Davies said. "That provides them a cushion."

He said all medication is screened for potential drug interactions or therapeutic overlaps that could produce an adverse drug reaction. He said patients' complete beneficiary profiles are entered into the Pharmacy Data Transition Service, which enhances patient safety by keeping medication records current, on file and readily available.

The new contract saves taxpayers' dollars because it calls for purchasing drug products at federal prices. Best federal prices are at least 24 percent below aver-

age commercial wholesale prices, Davies estimated.

The TRICARE Management Activity will manage the new contract. The current, national contract has been managed by the Defense Logistics Agency's Defense Supply Center in Philadelphia.

Patients can fill prescriptions three ways: by direct care at military treatment facilities, or the retail pharmacy network or the mail order program, Davies noted. The direct care system serves the bulk of the beneficiary population, he said. About 2.5 million beneficiaries use the retail pharmacy network because they don't have access to a military facility.

Most of the 400,000 beneficiaries who use the mail order program do so for chronic medication or maintenance medication needs, Davies said.

"We want beneficiaries who have long-term medication needs to consider using the mail order program. It provides up to a 90-day supply of most medications for a single co-pay, whereas they only receive a 30-day supply for a single co-pay in the retail network pharmacy system," he said.

Under the TRICARE Mail Order Pharmacy system, the co-pay for up to a 90-day supply for most medications is \$9 for branded products or \$3 for generics. Exceptions include controlled substances, and active duty members pay no co-pays.

For more information, including a complete section on the co-pay structure, visit the TRICARE Web site at www.tricare.osd.mil. Reservists can check the site for details of their benefits under the program.

Beneficiaries can also use the Express Scripts Inc. Web site by clicking on the DoD seal at www.express-scripts.com after the site debuts on Jan. 15.

Some airlines waive ticket exchange fees for troops

Gerry J. Gilmore

American Forces Press Service

Some U.S. airlines are adjusting their rules so service members won't have to pay penalties if they need to alter ticket reservations because of military duty.

AirTran Airways, Delta Airlines and Hawaiian Airlines now waive ticket change fees for service members on military deployment orders, while

ticketing changes on Southwest Airlines are currently free, according to Jean Marie Ward of the Office of the Undersecretary of Defense for Personnel and Readiness. Continental, Frontier and Northwest Airlines waive change fees and also will issue refunds on request, she added.

Ward said particulars of these carriers' programs can be viewed at DoD's Military

Assistance Program Web site at dod.mil/mapsite/airtickets.html. Information from more airlines will be added as it becomes available, she said.

According to General Service Administration officials, a number of other airlines will waive ticket change penalties if service members present copies of their military orders or a letter from their commanders, Ward noted. The

waiver procedures are official company policy for some carriers, she said, but not all reservation or check-in personnel may know that. She suggested travelers call their airline for waiver information before going to the airport. Much of the U.S. airline industry has been in a financial tailspin since Sept. 11, 2001, and have instituted or boosted penalties for customers who

want new tickets because of missed flights or changes in their travel plans.

Military travelers became prime penalty targets on Oct. 7, 2001, when America launched its military offensive against global terrorism. Many thousands of active and reserve component service members already have been called up and deployed, Ward

See EXCHANGE, page 13

Installation watch card

Awareness is key! Everyone is a sensor.

Do observe and report:

- Unusual or suspicious activity or suspected surveillance.
- Unusual questions or requests for information relating to capabilities, limitations, or operational information.
- Unusual vehicles operating in or around the installation.
- Unusual phone calls, messages, or e-mails.
- Unusual contacts on or off post.
- Unusual aerial activity near or around installation.
- Any possible compro-

mise of sensitive information.

Do not:

- Discuss any aspect of military operations or planning.
 - Discuss military capabilities or limitations.
 - Discuss force protection measures, capabilities, or posture.
 - Disclose any information related to unit deployments.
- Report any suspicious activity immediately to APG Police:**
- Aberdeen Area 410-306-2222
Edgewood Area 410-436-2222
Your call may save lives!

See VACCINE, page 13

APG wins honorable mention as ‘Best Post’



From his treetop perch, a bald eagle gazes across Aberdeen Proving Ground. A January count of the installation’s bald eagles found 119, down from 239 in 2001.

Army Times

Aberdeen Proving Ground received honorable mention in the 2nd Annual *Army Times* “Best Post” Award program, receiving much praise from *Army Times* readers.

Army Times announced on Jan. 9 that Fort Lewis, located in Tacoma, Washington, was selected the winner of the “Best Post” award for achieving the highest quality of life in living conditions, community spirit and support for service members and their families over the past year.

The award program is unique and particularly meaningful because winners are selected from input by soldiers, the readership of *Army Times*. This is a “grass-

roots” award, a recognition of a superior Army post by those who actually live and work there, or have been stationed there in the past.

“The *Army Times* ‘Best Post’ Award is not a Washington-driven, top-down award, but something completely different,” said Tobias Naegele, Editor-in-Chief of the Military Times Media Group. “The selection is made by the people who know best - the soldiers worldwide who read *Army Times*.”

Army Times judged the nominations from a broad set of criteria. Other honorable mention winners selected from reader recommendations include Fort Lewis for Quality of Life, Hunter Army Airfield for Community Spirit and Support, Fort Sam Houston for Singles, Heidelberg for

Families, Fort Belvoir for Recreation, Fort Huachuca for Housing and Facilities, and Fort Lewis for Retirement.

The 2002 *Army Times* “Best Post” Award is part of an annual installation award recognition program by Military Times Media Group which consists of *Army Times*, *Navy Times*, *Air Force Times* and *Marine Corps Times*. Awards for the best bases for Air Force, Navy and Marine Corps have also been announced and all are sponsored by GEICO Direct.

For more information on the winners and more on the program, visit www.ArmyTimes.com/bestpost.

(Editor’s note: The photos shown to the left and below appear on the Army Times Web site under Aberdeen Proving Ground Honorable Mention for 2002.)

APG News

The *APG News*, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the *APG News* are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM, APG, MD 21005-5005, 410-278-1150. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

Editorial content is prepared, edited and approved by the APG Public Affairs Office. The *APG News* is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 324, Second Floor, AMSSB-GIM, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; fax it to 410-278-2570; or e-mail it to editor@usag.apg.army.mil.

Deadline for copy is Thursday at noon for the following Thursday’s paper.

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Photos by JOE ONDEK
Two young bucks battle it out during rut (early October) while competing for an area on Aberdeen Proving Ground.

POST SHORTS

Youth awards, Jan. 28

Two teens from the APG youth centers will be honored on Jan. 28, at 4:30 p.m. at the Aberdeen Area Youth Center, building 2522 during the annual APG Youth of the Quarter/Youth of the Year Awards Ceremony.

NAF hiring

The Nonappropriated Funds Civilian Personnel Office is in the process of hiring for the following positions: aerobic instructors, bartenders, child and youth program assistants, cooks, custodial workers, desk clerks, food service workers, lifeguards and pool managers (for May 2003 season), recreation aids and waiters.

For applications, visit NAF CPO, lower level of building 305, APG, or call 410-278-5126/5127.

Border Legion announces reunion

The Border Legion 2003 Reunion will be held in Germany from May 28 to June 1. The reunion will center in Fulda, with separate events taking place in Bad Hersfeld and Bad Kissingen. The reunion is open to past and present troopers who served with the 11th and 14th Armored Cavalry Regiment (and supporting units) along the East-West German border.

For more information, call Glenn Snodgrass, 703-676-2672, or e-mail JGS525@aol.com, or Don Snedeker, 703-676-4019, or e-mail him at donald.c.snedeker@saic.com.

Weight Watchers at Work Program welcomes newcomers

Lunchtime Weight Watchers meetings are continuing on post, and new participants are welcome. The program offers professional leadership, group support and a sound and safe weight control plan. To learn more about the Weight Watchers at Work Program at Aberdeen Proving Ground, call 410-278-1151.

Contemporary worship service

A new, contemporary worship service will be held from 2 until 3:30 p.m. each Sunday at the EA Chapel, building E-4620.

Musicians and singers are welcome. All are welcome to attend. For more information, call Chaplain Shawn E. McCammon, 410-436-8695

Transportation Shipping Office relocates

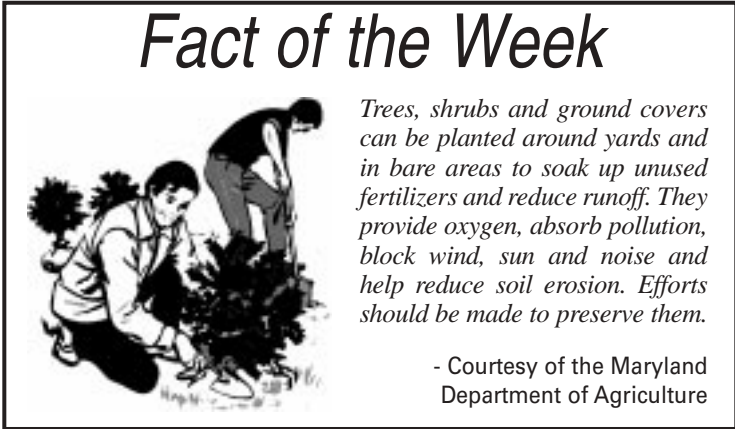
The Transportation Personal Property Shipping Office relocated to building 4302, Boothby Hill Road. Customers may park in the parking lot on the corner of Boothby Hill and Frankford roads and enter the side door. New office locations are: Inbound Office, room 20, Leilani Love; Outbound Office, Cassandra Clark, room 17, and Donna Hayden, room 15; and Quality Control, Toni Evans, center front, cubical 2. Telephone numbers are 410-278-3897/4083/2992/9022, and fax 410-278-2990.

For more information, call Penny Cacoulidis, installation transportation officer. DSN 298-3896/5384, or 410-278-3896/5384.

Family Child Care training in EA

Family Child Care training will be conducted Feb. 3 to 7 at the Edgewood Area Youth Services building. Applicants who are interested in providing home-based child care, especially infant care for those residing in the Edgewood Area, are encouraged to apply.

Being a professionally trained provider in a warm, home environment offers many benefits such as self employment, free training in a marketable profession, transferable credit to Army installations world wide, free use of the lending library, free refer-



als by Central Registry, free monthly newsletter, free workshops (nutrition, health, child development, safety, CPR, taxes), participation in the National CDA credential program and participation in the USDA food program.

For more information, call the FCC Office, 410-278-7477/8720/9832.

Host families needed

Be a part of a foreign exchange program discovering a unique culture, learning a new language and participating in trips and activities. The three- or four-week program runs in spring or summer hosting Spanish or French students, ages 13 to 18 years old. Students can travel with the host family on vacation, if desired. Visit Web site www.iffusa.org.

For more information, call Melissa at 410-569-1868 after 4:30 p.m. or e-mail mhawk271@comcast.net. (Telephone number is requested in the e-mail.

Have you updated your DEERS information?

DEERS beneficiaries are reminded to update information whenever beneficiaries face a life change, e.g., new baby, retirement, deployment, etc. Visit Web site http://www.tricare.osd.mil/smart/deers_month.cfm for more information.

Youth Services makes room for APG homeschoolers

On Tuesdays and Fridays throughout the school year, the Aberdeen Youth Center multi-purpose rooms will be available from 1 to 3 p.m. for APG's homeschoolers. Youths must be registered members of APG Youth Services and in grades one through 12. Parent-teachers must be present throughout the visit.

For more information on homeschool usage of Aberdeen Youth Services, call Norma Warwick, 410-278-9059 or e-mail Norma.Warwick@usag-apg.army.mil.

Since military homeschooling families have special needs, Lisa McGee is forming a network of APG's homeschooling families. To make arrangements, call McGee at 410-272-8743, e-mail her at JustgottaBme123@aol.com, or talk with her during Homeschooler Time at the Aberdeen Youth Center.

2003 DoD Team Bass Tournament

The 78th MSG Services Division will sponsor the 13th Annual DoD Team Bass Tournament from March 30 to April 4, at Goose Pond Colony, Lake Guntersville, Ala. The Bass Tournament will be limited to the first 200 registered teams.

Entries sent by mail must be received no later than Feb. 28. Only full payments of \$160 per team will be accepted.

Entry fees may be paid on March 30 from 4 to 6:30 p.m. and immediately after the tournament meeting. There will be a \$25 late registration fee from March 31 to April 1. No refunds after March 15.

Registrations will not be accepted after April 1. Registration must be filled out completely and signed by both team members. No guides are allowed during practice or the tournament.

For more information on rules and eligibility, or for registration, see the Web site

other vehicles, block traffic lanes or exhibit other aggressive tendencies, that they are driving on a federal installation and are subject to citations through the federal court system.

AA meetings held at APG chapel

Alcoholics Anonymous meets at the Aberdeen Post Chapel, building 2485, every Tuesday from 11:30 a.m. to 12:30 p.m.

This is an open discussion meeting available to the entire Aberdeen community, military and civilian.

Commercial Activities Hotline available

The CA telephone hotline at 410-278-7414, and CA e-mail hotline at CA.Hotline@usag.apg.army.mil, are available to provide updates and answers to your questions concerning the CA Study.

In addition, CA is now a choice on the first page of the APG Web site, www.apg.army.mil.

Gate operations at APG

The Harford Gate (Route 22) in the Aberdeen Area of Aberdeen Proving Ground closes each weeknight at 8 p.m. The Maryland Boulevard Gate, Route 715, (Tank Row) is the only 24 hour-a-day, seven-day-per-week access point to the Aberdeen Area.

The Harford Gate continues to be closed each Friday at 8 p.m. and remains closed until 4 a.m. on Monday (unless Monday is a federal holiday, then it reopens at 4 a.m. on Tuesday).

Until further notice, the only gate open in the Edgewood Area from 8 p.m. Friday through 4 a.m. Monday is Route 24 in Edgewood.

Database of scholarships

All personnel in the military community, including dependents, are encouraged to search MilitaryReport.com's Education Center scholarship database, which has a listing of \$300 million in scholarship funds.

In addition to the scholarship search available, the educational services provide comprehensive and updated information on educational benefits, such as the G.I. Bill, Veterans Educational Assistance Program and Survivors' and Dependents' Educational Assistance Program.

To access these education services, visit <http://www.military.com/Careers/Education/1,13289,,00.html?ESRC=mr.nl>.

Food handlers class

The Environmental Health Section of Preventive Medicine Services conducts a food handler's class on the second and fourth Wednesday of the month at Kirk U.S. Army Health Clinic, room A-14.

This is a 90-minute class from 8:30 to 10 a.m. and is mandatory for all food service personnel (military and civilian) in the Aberdeen and Edgewood areas of Aberdeen Proving Ground.

Managers, directors or non-commissioned officers in charge of all food service establishments on post will ensure that their personnel attend this class.

Registration should be made at least three days prior to the class date.

Class size is limited and is based on first-call, first-served basis.

For more information, contact Spc. Chris Roberts at 410-278-1956.

After Hours Clinic

The After Hours Clinic at Kirk U.S. Army Health Clinic is closed on Sundays and holidays. Patients needing advice on health care can call the Nurse Advice Line at 1-800-308-3518.

If you feel you have an emergency problem, call 911 or go to the nearest hospital emergency room.

Use both lanes

Drivers are urged to use both lanes as they approach the gates to APG's Aberdeen Area.

At the barricades, motorists should alternate the right of way - allowing every other car to move into the primary entrance lane, like a zipper.

This more efficient movement of traffic will speed up the process.

The provost marshal warns drivers who pull out in front of

EOC phone numbers

The Aberdeen Proving Ground Garrison Emergency Operations Center is under the direct control of the Directorate of Safety, Health and Environment/Fire Department.

For information, call 410-278-3182 and 410-278-3183.

Civilian retiree ID cards

The Civilian Personnel Advisory Center is responsible for issuing civilian retiree identification cards.

When a Request for Personnel Action for retirement is received in the CPAC, a retiree identification card will be sent to the employee at the employee's agency.

The employee should then take the retiree identification card with them when they clear post, to have their picture taken and the card laminated.

Clearance forms are obtained from the employee's agency administrative office. Point of contact is Teri Wright, CPAC, 410-278-4331.

Community Notes

FRIDAY AND SATURDAY JANUARY 17 TO 18 HIGH SCHOOL LOCK-IN
Club Beyond and the Chaplains Activities is sponsoring a high school lock-in 10 p.m. to 6 a.m. at the Aberdeen Area post chapel. Suggested donation is \$10.

For more information, call Alan Leavell at the AA Chapel, 410-278-4333.

FRIDAY THRU MONDAY JANUARY 17 to 20 BEP HOSTS MLK HOLIDAY TRIP

The Civilian Welfare Fund, in conjunction with the Black Employment Program is sponsoring a trip to Atlanta, Ga., to celebrate the Martin

Luther King holiday, Jan. 17 to 20.

The price includes charter bus transportation and hotel. The price per person is \$300 for single, \$210 for double, \$185 for triple, and \$170 for quad occupancy. A \$50 per person deposit will be due upon reservation.

For reservations or more information, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771, Jackie Pitts at 410-436-2771, or Brenda Clayton at 410-436-3856, from the BEP Committee.

FRIDAY JANUARY 24 BASKET BINGO
Basket Bingo to benefit the

Harford Choral Society will be held at the Aberdeen Fire Hall, Rogers Street, Aberdeen. Tickets cost \$10; additional sets cost \$5 each. Doors open at 6 p.m.; bingo begins at 7 p.m. Food, drinks and baked goods will be available for purchase. Tickets are available by calling Lynn Moore, 410-399-4144 or Brenda Conjour, 410-273-7332.

SATURDAY JANUARY 25 2003 YOUTH BUDDY POPPY CONTEST

The previously scheduled contest (Jan. 11) at the Charlton-Miller VFW Post 6054, 206 Spesutia Road, Aberdeen, has been changed to begin at noon. Contest is open to all youths up to age 17.

This time-honored local and state-level contest is designed to promote respect for the supreme sacrifice paid by our veterans in the interest of freedom. Contestants will be given a simple set of questions to study and a short poem to remember. Judges will award a U.S. Savings Bond to the winner, who will then compete at a district-level competition for even more prizes

For further rules and an entry packet, call Keith Hammitt or Suzette Shields at 410-272-3444.

SEMINARS ON ‘SECURITY EVERYDAY’

‘Security Everyday,’ a series of seminars, will be held at the HEAT Center, Aberdeen, 9 a.m. to 4 p.m., Room 130. Each presentation is tailored for a specific audience: senior citizens at 9 a.m., families at 11 a.m., houses of worship at 1 p.m., and small businesses at 3 p.m.

Evelyn Byrd, a Certified Protection Professional will give the presentations. Byrd

spent 15 years in Army Intelligence before joining Northrop Grumman (Information Technology sector) in December 2000 in support of a DoD contract to perform Vulnerability and Risk Assessments for the US Army Reserve Command.

The seminars will discuss the benefits of using good security procedures at home and at work in everyday life. The seminars will demonstrate how local groups and individuals can benefit from the same security principles as large organizations.

The first seminar on Jan. 25 will be an overview of several security topics along with an action plan to improve that area. Planned topics include physical security (inner and outer defenses), crime prevention, information security, and emergency planning. Byrd’s objective during 2003 is to offer a series of monthly seminars to discuss each security topic thoroughly.

The cost is \$20, and attendance is limited to 25 participants per seminar. For registration and other information, call 443-528-9807, or e-mail ebyrd922@comcast.net.

SATURDAY FEBRUARY 1 MCSC INDOORYARD SALE

The APG Military and Civilian Spouses’ Club will sponsor an Indoor Yard Sale from 8 a.m. until noon at the Gunpowder Club Conference Facility, building E-4650, Edgewood Area. The cost is \$10 to sponsor a table, or donations will be accepted. To sponsor a table, submit name, address, telephone numbers, e-mail address, number of tables needed, choice of location (Edgewood or Aberdeen), indicate whether you are a member of MCSC, and mail to MCSC, c/o Angie Salamy, 119 Plumb Point Loop, APG, MD 21005.

For more information, call 410-272-6712, or visit Web site <http://www.apgmc-sc.org>.

MCSC INDOORYARD SALE

The APG Military and Civilian Spouses’ Club will sponsor an Indoor Yard Sale from 8 a.m. until noon at the AA Recreation Center, building 3326. The cost is \$10 to sponsor a table, or donations will be accepted. To sponsor a table, submit name, address, telephone numbers, e-mail address, number of tables needed, choice of location (Edgewood or Aberdeen), indicate whether you are a member of MCSC, and mail to MCSC, c/o Angie Salamy, 119 Plumb Point Loop, APG, MD 21005.

For more information, call 410-272-6712, or visit Web site <http://www.apgmc-sc.org>.

MONDAY FEBRUARY 10 PIE FOR EXCEPTIONAL FAMILY MEMBERS

Army Community Service is sponsoring Parent Information Exchange for exceptional family members 6 to 7:30 p.m. at the ACS building 2754. To arrange for child care, call in advance, because space is limited. For more information, call Reeshemah Bugg, EFMP coordinator, at 410-278-2420.

WEDNESDAY FEBRUARY 12 DAV BEL AIR CHAPTER 30 MEETING

The Bel Air Disabled Veterans Chapter 30 will meet at 7 p.m., at the VFW hall, 303 S. Atwood Road. Bel Air DAV Chapter 30 holds meetings the second Wednesday of each month except July and August. For information and transportation, call 410-838-8325 or 410-879-0861.

FRIDAYTHROUGH MONDAY FEBRUARY 14 TO 17 SKI TRIP TO NEW YORK

Club Beyond and the Chaplains Activities is sponsoring a high school ski retreat to Ski Windham, New York. Ski or snowboard for two days with high school

students from USMA West Point and Aberdeen Proving Ground. Suggested donation is \$210, not including rentals. For more information, call Alan Leavell at the Aberdeen Area Chapel, 410-278-4333.

SATURDAY MARCH 1 VFW BASKET BINGO

The Fifth District Scholarship Fund, Veterans of Foreign Wars of Maryland, 1714 Morse Road, Jarrettsville, will hold Basket Bingo at 6 p.m., doors open at 5 p.m. Donations are \$10 and includes 20 games of bingo and a chance at winning prize-filled baskets. There will also be a 50/50 cash game, raffles and door prizes. Food and refreshments by the Ladies Auxiliary will be available for purchase. The proceeds for this event will go toward the scholarship fund. For more information, call Jim at 410-557-6743 or Tina at 410-452-5396.

APRIL 25 TO MAY 30

The Civilian Welfare Fund is sponsoring a trip to Italy, April 25 to May 3 to tour Rome, Perugia, Florence Venice and Pisa. Excursions include the Trevi Fountain, Colosseum, and St. Peter’s Basilica; the Great Fountain, Cathedral and Priors’ Palace in Perugia; Michelangelo’s tomb and Gates of Paradise in Florence; the Roman Forum; Scenic Brenta Riviera Drive; and cruise to St. Mark’s Square to see the Bridge of Sighs in Venice.

Included is a dinner of local cuisine with entertainment in Rome, seven buffet breakfasts, and three other dinners. The price per person is \$2,250 for a single, \$2,150 per person for a double room, and \$2,100 per person for a triple room. A \$150 deposit per person is due upon reservation. Price includes airfare, hotel, tours, and specified meals, transfers to and from the airport and taxes.

For reservations or more information, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

Web site supports Army well-being

Colonel Christine H. Inouye
CHPPM

The time is now to be the healthy Army of One. Accessibility to a comprehensive health and fitness resource is only a mouse click away for the Army family worldwide at www.hooah4health.com. So let’s roll.

“Army readiness is inextricably linked to the well-being of our people.” These words spoken by the Army Chief of Staff, Gen. Eric K. Shinseki, clearly embrace the vision and need for improving and sustaining the institutional strength of the Army.

Well-being is the personal - physical, material, mental, and spiritual - state of soldiers (active, Army Reserve, Army

National Guard), retirees, veterans, Department of the Army civilians, and their family

members that contribute to their preparedness to perform and support the Army’s mission. Health promotion and fitness is an integral part of Army Well-Being, a holistic system that integrates all quality of life initiatives.

HOOAH 4 HEALTH, or H4H, is a self-help, Web-based, interactive health promotion and wellness program

that helps integrate the Army’s well-being mission. Visionaries have contributed to the success of the Web site and other Web-based products. H4H embraces the holistic concept of body, mind, spirit, and environment, and is supported by a team of Army sponsors

including the Office of the Surgeon General, U.S. Army Center for Health Promotion and Preventive Medicine, Army Reserve and Army National Guard.

Once logged on, soldiers can navigate user-friendly Web pages to access dozens of military and other government healthcare sites to find vast amounts of health maintenance and prevention educational material. Interactive health calculation tools have been developed to assist soldiers in deriving Army Physical Fitness Test scores, finding target heart rates, and computing body mass index.

A food and fitness diary will be beta tested and debut in early 2003. This tool will allow the user to track nutrition intake and log physical activity to provide real-time feedback that supports tailoring and monitoring individual health and wellness goals.

The H4H CHALLENGE, a self-directed correspondence course with interactive quizzes, feedback mechanisms, hyperlinks, and book-

marks, gives incentive to



Sports

CPSC announces recall of bicycles

Mark Ross
CPSC

In cooperation with the U.S. Consumer Product Safety Commission, Sun Rise Bicycle Industrial Co. Ltd. of Taiwan and Raleigh America Inc., of Kent, Wash., are voluntarily recalling about 2,800 bicycles. The frames on these bicycles can break, which can cause riders to lose control and crash.

Raleigh America has received 13 reports of frames breaking including one incident where a consumer reported a broken heel.

The recall involves the 2002 Diamondback X-10 and X-20 Bicycles. These are full-suspension, Y-frame mountain bikes. They are either silver and black or black and blue. “Diamondback” and “X10” or “X20” are written

on the down and bottom tubes.

Authorized Diamondback dealers sold the X-10 and X-20 bicycles nationwide from September 2001 through October 2002 for about \$550 for the X-10 and \$770 for the X-20.

Consumers should immediately stop using these bicycles and return them to an authorized Diamondback dealer to receive a free replacement frame.

For more information or for the name of the nearest authorized Diamondback dealer, consumers can call Raleigh America at 1-888-805-6396 between 7 a.m. and 5 p.m. PT Monday through Friday, or go to the Web site www.diamondback.com.




Pictured are two models of diamondback bikes being recalled because of defective frames. Any authorized Diamondback dealer will replace the frame for free.

Company E 16th wins intramural basketball, 54-41

Yvonne Johnson
APG News

The U.S. Army Medical Research Institute for Chemical Defense triumphed in the pre-season intramural basketball tournament, defeating Company E, 16th Ordnance Battalion, 54-41. The winning team, from the Edgewood Area, members consist of coach, Jeffrey Dawson, and James Romano, Kevin Armstrong, Matthew Moser, Brian Logue, Jason Blanton, George Thorne, James Mitchell, Jason McKain, Bryon Pieper, Jonathan D’Ambrozio, Wesley Holmes and T. DeLion.

Results	
<i>Jan. 6.</i> Company E 16th, 69; 1/246th, 29 KUSAHC, 55; USMC, 54 1/246th, 70; TEU, 42 MRICD, 56; NCOA, 27 <i>Jan. 7</i> Company B 143rd, 33; Company B 16th, 24 HHC 143rd, 44; Company C 16th, 42 HHSB, 50-; KUSAHC, 43 USAF, 35; CHPPM, 32 HHC 16th, 67; 1/246th, 53	<i>Jan. 8</i> Company E 16th, 54; HHC 61, 51 Company B 16th, 40; Company C 16th, 34 HHSB, 29; USAF, 17 MRICD, 521 1/246tgm 50 <i>Jan. 9</i> Company E 16th, 39; Company B 143rd, 38 MRICD, 44; HHSB, 39 MRICD, 54; Company E 16th, 41

COMMANDER’S CUP RESULTS	
The following are point totals for the Aberdeen Proving Ground Sports Office 2002 Commander’s Cup award.	
	
Co C, 16th	167
USMC	136
HHC, 16th	136
Company E, 16th	114
HHC 61st	96
Company C, 143rd	83
Company B, 16th	78
NCOA	70
HHC, 143rd	62
Company B, 143rd	61
Company A, 143rd	56
Company A, 16th	54
USAF	38
MRICD	30
CHPPM	25
HST	4
Natl. Guard	3
KUSAHC	3
SBCCOM/TEU	3
520th TAML	2
203rd MI	2

Well being

From page 4

Reserve Component soldiers and other military reservists to earn retirement points upon successful completion of a pass/fail test. Continuing education units will be available to users in 2003.

If you (or a family member) are being deployed, click on the deployment globe in the Environment module to learn about any geographical region in the world where soldiers are deployed.

“What better way for soldiers, their families, and commanders to gather force health protection information in preparation for deployment,” said Lt. Col. Mary Sherman, Reserve Component Medical Policy Advisor for Headquarters, Department of the Army, Personnel. “An added bonus is that family members can also access health benefit information throughout the site including hotlinks to family readiness and support resources such as TRICARE.”

The quarterly H4H NEWSLETTER is another great tool to provide soldiers with health promotion and fitness information. The newsletter can be downloaded and tailored with a unit’s logo and supports commanders in disseminating health and welfare information to their soldiers.

“As a commander, one must be prevention driven. The old cliché certainly applies-an ounce of prevention is worth a pound of cure,” said Col. Karen Neumann, Commander, 21st General Hospital, St. Louis, Mo.

The users of the Web site have responded with numerous positive comments.

Kelly B. Lynn, K Celtic Warrior, writes, “As a former member of the Army National Guard, I had to write and tell you what a fantastic Web site you have developed. My only question is, where were you all when I went through Basic Training in 1987? What I would have done to have a site

like yours back then. Hopefully, Army recruiters are using this site and encouraging potential soldiers to use it and follow the advice. Great information you all have and keep up the good work. Drive on!”

The main challenge in designing and developing a reserve health promotion and wellness program was, “How do you deliver a comprehensive health promotion and wellness program to the Reserve Component?” said Judy Harris, one of the H4H pioneers at CHPPM. “The majority of reserve soldiers belong to the military only two days a month and two weeks during the summer.”

A Web-based program definitely acknowledges those limited training windows for the Reserve Component and provides soldiers with a resource they can use at home

to take responsibility for their own health and lifestyle.

“The decision to make a healthy lifestyle change is still an individual choice which can certainly be influenced by programs such as H4H,” said Col. Deborah Wheeling, Assistant Surgeon General for Mobilization, Readiness, and National Guard Affairs, Army National Guard.

Through a dedicated team effort, H4H has achieved the Army’s well-being goal by implementing cutting-edge technology and delivering appropriate, Web-based, health and wellness information to make our Army a better place for soldiers, civilians, and their families to live, connect, grow, and serve.

Remember, H4H is just a mouse click away at <http://www.hooah4health.com/>.

Basketball update

The following is the schedule for the 2003 intramural basketball season. The season began Jan. 13 and concludes March 6. Dates for the All Star and post-season tournament will be announced at a later date.

American Division

Schedule

Jan. 22
6:30 p.m., HST vs. HHSB
7:30 p.m., HHC 16th vs. 1/246th
8:30 p.m., HST vs. NCOA
Jan. 27
6:30 p.m., HHC 61st vs. 1/246th
7:30 p.m., KUSAHC vs. NCOA
8:30 p.m., HHC 16th vs. HHC 61st

Standings

HHC 16th 0-0
HHC 61st 0-0
KUSAHC 0-0
HHSB 0-0
1/246th 0-0
NCOA 0-0

Edgewood Division

Schedule

Jan. 22
6:30 p.m., TEU vs. CHPPM
7:30 p.m., Company C 143rd

vs. HHC 143rd
Jan. 23
6:30 p.m., MRICD vs. Company A 143rd
7:30 p.m., CHPPM vs. Company C 143rd

Standings

HHC 143rd 0-0
Company A 143rd 0-0
Company B 143rd 0-0
Company B 143rd 0-0
MRICD 0-0
CHPPM 0-0
TEU 0-0

National Division

Jan. 21

6:30 p.m., Company E 16th vs. Company A 16th
7:30 p.m., Company C 16th vs. USAF
8:30 p.m., 389th AB vs. USMC

Jan. 23

6:30 p.m., Company A 16th vs. Company C 16th
7:30 p.m., USAF vs. 389th AB
8:30 p.m., Company B 16th vs. Company E 16th

Standings

389th AB 0-0
Company A 16th 0-0
Company B 16th 0-0
Company C 16th 0-0
Company E 16th 0-0
USAF 0-0

APG Child & Youth Services Guide



Meeting the demands for child and youth programs



Aberdeen Child and Youth Services

Aberdeen Proving Ground Child and Youth Services, located in building 2522, Bayside Drive, is an integrated child and youth delivery system designed to provide a wide range of programs that support the growth and development of military and civilian children from 6 weeks to 17 years of age.



Regina Dannenfeller
Chief
Child and Youth Services
Division

Offering a supervised, safe and healthy environment during both parental duty and non-duty hours, CYS operates four facilities and 36 quarters-based homes that provide childcare, school-age/middle school care, and youth development activities. For more information, call Regina Dannenfeller, chief, Aberdeen Child and Youth Services, 410-278-2223.

Aberdeen Area Child Development Center

The Aberdeen Area Child Development Center, located in building 2485, provides care for children 6 weeks through 6 years. It is accredited by the National Association for the Education of Young Children. The curriculum is geared to meet each group and child's needs and interests and follows the seasons and the changing development of the children. A variety of activities are planned both inside and outside daily. Development of self-help skills as well as creative exploration of the environment plays an important role in the daily activities for all age groups.



Ruth Strauss
Director
AA Child Development Center

Parent communication is vital in ensuring smooth transitions between the center and home. Daily communication sheets or journals are maintained for each child to ensure this process is in place. Conferences are offered twice a year in the fall and spring. This is to inform parents of their child's strengths and areas of emerging development. Parents are encouraged to share their goals for their child's development as well. There is an open door policy for all parents. They may come to visit any time during the day and talk with their child's primary caregiver or the administrative staff. AA CDC enjoys the support of a very active Parent Child Care Association. Meetings are held monthly on the second Wednesday of each month. Child care is provided for these meetings.

Garry Ford, the publicity chairman, said, "We support the center by sponsoring many different activities throughout the year, from a summer fun day, to puppet shows, crazy magic shows and the Baltimore Zoomobile. We are always looking to increase parent participation within the center and the PCCA. We will conduct a survey of all parents to find out different ways this can be done." For more information about the AA CDC, call Ruth Strauss, director, or Darlene Ford, assistant director, 410-278-5748.

Edgewood Area Child Development Center

The Edgewood Child Development Center, located in building E-1901, provides services for families with children from six weeks to five years of age and is accredited by the National Association for the Education of Young Children. Upon the completion of its most recent, unannounced annual inspection by the U.S. Army Material Command Child & Youth Services Evaluation Team, the center was presented the CYS Program of Excellence Award.



Donna O'Hara
Assistant Director
EA Child Development Center

The care giving staff was recognized for the "warm, welcoming environment and the home away from home they created for the children at the EACDC." Communication between staff and parents is essential for the success of the program. Daily journals and activity sheets are maintained for each child. Parent conferences are offered twice a year to share goals, strengths, and development. The Edgewood Area Child Development Center has an active and supportive Parent Child Care Association that meets at the center on the first Tuesday of every month. For more information about the Edgewood Area Child Center, call Donna O'Hara, assistant director, 410-436-2077/2692 or visit the center.

School Age Services

The School Age Services program, located in building E-1902 in Edgewood, and 2522 in Aberdeen, provides before and after school care plus all-day care when school is not in session, and operates an all-day summer camp for nine weeks, from the middle of June to the middle of August, 6:30 a.m. to 5:45 p.m., Monday through Friday and closed on all federal holidays.



Vaun Smith
Director
School Age Services

Kosannya Dixon and Carissa Bare are the SAS clerks. The program takes on a community services project each month. "These are extremely important to encourage our children to be productive members of their society," Main said. "We welcome suggestions for these projects." Clubs include 4-H, Boys & Girls Club of America, cooking, and many arts and crafts. Parents may earn points to trade for a discount to the monthly fees. Parental help and participation is needed. For more information about SAS, call 410-278-9016.

Family Child Care—celebrating 18 years of quality care at APG

Family Child Care Providers are in your neighborhood and at your child's bus stop. A certified Family Child Care Provider may live on your street, and have children who are your children's peers. APG Family Child Care Providers have a professional commitment to offer quality child care. Because it is small group care, Providers are able to give special individual attention to individual family needs. "Our specialty is flexibility," said Penny Branham, director. "If physical training, or PT, care is needed, children do not have to be picked up and transported to another facility. Special needs children may be mainstreamed into an existing group."



Penny L. Branham
Director
Family Child Care

Hourly care, before and after school, extended hours, and 24-hour care for mission related exercises are available at affordable prices. Subsidy assistance is available to families who qualify. "We are the 'Benchmark for the nation' in accordance with DOD and Army standard," Branham said. "Family Child Care at APG is your child's home away from home." Openings exist for all ages. To locate child care in your neighborhood, call the Family Child Office at 278-8720/7477/9832.

Aberdeen Youth Services

Youth Sponsorship Military communities are known for relocating every few years. It can be a tough time for everyone, leaving familiar places for lands unknown. Youth Sponsorship is all about making the transitions easier and less stressful. Whether new to APG or moving to a new location, AA YS is available to help. Families moving to APG, can call, write, or drop an e-mail to let them know when you are coming. They will answer any questions, and help children establish friendships before arriving at APG. If leaving APG, YS can help research the new location via the Internet and help with contacting the YS at the new duty station. **Games, leisure activities (open recreation)** Clubs, arts and crafts, cooking projects, movie nights, board games, cards, and video games are some of the activities offered. There is a game room with pool, foosball and air hockey tables, and a library of CD's and movies for checkout. For the "reading" youth, copies to subscriptions to some of today's popular teen magazines are available. **Workforce preparation** Classes, such as resume writing, dressing for success, and interviewing techniques, and money management are offered at the youth centers. In addition to these classes, counselors can assist youth research information on admission requirements, financial aid, and majors offered at colleges and universities. For more information, call Angela Shannon, 410-278-4995. **Volunteer community service** Whether it's making Valentine's day cards, picking up trash, or helping someone with homework, no one is too old or too young to give back to the community. Volunteer positions as teen assistant coaches, tutors, and computer lab assistants are a few of the non-paid positions available at YS. In addition, there are scheduled community service projects throughout the year. Volunteer hours are logged and entered into the Promise Passport Program. **Youth computer labs, homework centers** Homework doesn't have to be a bad word within the walls of YS. The computer labs are always available to use to help conquer those research requirements and write reports. Educational software, games, and Internet access are some of the reasons the computer lab is a favorite place for youths. For more information, call Norma Warwick, director, 410-278-4995, or fax 410-278-2322.



Norma A. Warwick
Director
AA Youth Services

Outreach Services/Central Registration

The Outreach Services office, located in building 2752, is a one-stop registration center for Family Child Care, Child Development Services, School Age/Middle School Services and Youth Sports. The office is open Monday through Friday, 7:30 a.m. to 4:30 p.m. Registrations for the Edgewood Area are taken by appointment in building E-1902 on RDO Fridays. There are waiting lists for all CYS programs. Waiting List forms may be picked up at any CYS facility or in building 2752. Completed forms may be dropped off at any CYS facility or faxed to this office at 410-278-4658. For more information, call 410-278-7571/7479.

APG School Liaison

The APG School Liaison/Youth Education Services Program, located in building 2752, Room 200, offers school resources and transition information, serves as the point of contact on school related matters, promotes learning activities and parental involvement, provides in/out processing services for military children with school age children Kindergarten through grade 12, and provides instructional classes and activities to children at APG. See the Morale, Welfare and Recreation page of the APG News, School Liaison Update, for on-going information or call Ivan Mehosky at 410-278-2857 or 410-322-0181 or e-mail him at ivan.mehosky@usag.apg.army.mil.



Ivan Mehosky
APG School Liaison

Community Health Nursing

The Child & Youth individual needs of children with emphasis on quality care, implement a comprehensive Wellness Program for all CYS Staff, ensure CYS facilities meet requirements for health and sanitation practices and implement health projects for CYS programs. For more information, call the child care staff to meet the



Peggy Horne
Community Health Nurse

It's okay to be neighborly - the 10-hour limit

CFSC The Army has a responsibility to balance the ability of families to rely on one another to meet their short-term child care need of protecting the safety and well-being of children. There is a difference between watching children a few hours each week and providing child care services as a profession. National studies show that specialized training and outside monitoring are two key indicators of providing quality care to children in regularly scheduled child care settings. Therefore, a 10-hour child care limit was established to protect children from being in unregulated child care settings on an on-going basis. The 10-hour limit means that any family member living in government quarters providing child care for more than 10 child care hours per week on a regular basis must be certified as a Family Child Care Provider. A "child care hour" is defined as one child for 10 hours per week, two children for five hours per week, etc. Children from the same family count as one child. If you watch a friend's child all day, one day, and provide child care for more than 10 hours, but you do not do it on a regular basis, you do not need to be an FCC provider. If you watch one child one hour per day, and provide care on a regular basis, but you do not exceed the 10-hour limit per week, you do not need to be an FCC provider. So, go ahead, it's okay to watch your neighbor's children - it's okay to be neighborly. (Editors note: This is an excerpt from Child Development Services Parents' Consumer Bulletin, CYS-U.S. Army Community and Family Support Center in Alexandria, Va.)

Aberdeen Youth Sports

Gymnastics

Registration for the spring session will be held Jan. 13 to 31 in the Aberdeen Area in building 2752, 9 a.m. to 4 p.m. Call Central Registration for an appointment 410-278-7571. For the Edgewood Program contact Scott Cottrell at 410-436-2172 for registration. Classes begin March 8 and the session will be held on Saturdays for 10 weeks. Classes are held at the Aberdeen Area Youth Center, building 2522 and the Edgewood Program is held at the Edgewood Area Youth Center, building E-1902. Class times are based on the child's age. The Aberdeen Area program has classes for youth ages 2.5 to 4 from 9 a.m.-10 a.m., ages 5 to 7 from 10 a.m. to 11 a.m. and ages 8 and up from 11 a.m. to noon. The Edgewood Area program will begin at 1:30 p.m. for ages 2.5 to 5 and 2:30 p.m. for ages 6 and up. Class times are subject to change based on the number of enrollments for each age group. The cost of the program is \$40 per session.

Youth baseball, T-ball, softball Registration for the upcoming season will be held Feb. 3 to 14. Aberdeen Area Registration will be held at Central Registration, building 2752, 9 a.m. to 4 p.m. Call 410-278-7571 for a reservation. The Edgewood Area Registration will be held noon to 7 p.m. The age determination date for T-ball and baseball/softball is July 31, 2003. The age groups for T-ball are 5 and 6, coach pitch ages are 7 and 8, youth pitch ages are 9 to 10, 11 to 12 and 13 to 15. For more information, call Scott Cottrell at 410-436-2172. A new program called Start Smart will be developed for youths age 3 to 4. A child must be 3 by April 1, 2003. All 4-year olds must play Start Smart and are not eligible for T-ball based on insurance coverage. The program is a Sports Development Program geared for parent/child interaction. Volunteers are needed to help with organization and coaching for all programs. Those interested should call Bill Kegley, 410-306-2297/2298. The cost for the baseball/softball program is \$35, and T-ball and Start Smart program costs \$25 each. **Flag football (spring league)** The Aberdeen and Edgewood areas Youth Sports Program will conduct registration for flag football for youths age 6 to 8. This coed league that will begin practice in April and games will begin in May. Games will be held every Saturday with practices one day a week. The Youth Sports Program is in need of at least four coaches and three referees. The goal of Youth Sports is to offer the baseball/T-ball programs without scheduling conflicts as much as possible. Registration for flag football will take place the same time as baseball/T-ball. Cost for the program is \$25. Since this is strictly an APG program, a minimum of four teams, no greater than 10 players on each team, must be registered. For more information, call Bill Kegley at 410-306-2297/2298. **Teen aerobics classes** The CYS Sports and Fitness program is looking to begin a teen aerobics class in February. Classes will be held every Tuesday and Thursday, 6 to 7 p.m. at the Aberdeen Area Fitness Center, building 300. The class needs a minimum of 10 teens age 13 to 18 to begin the classes. The cost for the 10-week session is \$40. For more information, call Bill Kegley at 306-2297/2298.



Bill Kegley
Director
Youth Sports



Aberdeen Area Summer Campers take turns cooling off staff members in the dunk tank.



Edgewood Area Summer Camp 2002 children enjoy some indoor play.




Aberdeen Area Summer Campers splash away the heat of 2002.



A CYS family takes time to enjoy a game of pool at the Aberdeen Area Youth Center.

Photos courtesy of CHILD & YOUTH SERVICES

Child Development Service
Our Mission is Carin



Parents'Consumer Bulletin

Bulletin # :

Developmental or Custodial Care Whats the Difference?


In the interest of cuttin bureaucracy or cost, people often ask, “Why do we need developmental care? I dont need my child developed; all I want is a clean, safe place to leave my children.” The difference between quality, developmental care and “babysitting” or custodial care is clear in five areas.

All care is costly to provide because of the labor required to care for children. But, a new national study shows good quality care costs only about 10% more than mediocre quality – for the average CDC parent, less than \$1 a day, only pennies per hour!!

AREA	CUSTODIAL CARE	DEVELOPMENTAL CARE
Staff	<ul style="list-style-type: none">• To few adults to properly supervise children• Low wages cause constant staff “coming and going” that is upsetting and harmful to children• Poorly trained staff who may unknowingly jeopardize childrens well being	<ul style="list-style-type: none">• Enough adults to pay special attention to each child• Reasonable wages attract qualified staff who stay longer and bond with children• Specialized training, for example, in First Aid/CPR and understanding how children learn, helps staff protect and educate children
Facility and Environment	<ul style="list-style-type: none">• Facilities often inadequate and unsafe, for example, lead based paint• Limited toys/equipment- children often “out of control”• Lack of management controls (no background checks, Kool-Aid instead of juice) may put children at risk	<ul style="list-style-type: none">• Facilities meet fire, sanitation and safety codes• Variety of age appropriate toys/equipment rooms organized for learning• Good nutrition and child abuse prevention practices in place
Standards	<ul style="list-style-type: none">• Low standards, usually not enforced, linked to poor/mediocre care	<ul style="list-style-type: none">• Strong standards, enforced “by outside eyes”, linked to high quality care
Funding	<ul style="list-style-type: none">• Parent fees barely cover minimum required expenses	<ul style="list-style-type: none">• Local, State, and Federal funds supplement parent fees to improve program quality
Child Progress	<ul style="list-style-type: none">• Childrens development slowed, particularly language and thinking skills	<ul style="list-style-type: none">• Children gain language, social and pre-academic skills (pre-math, pre-reading) so they are ready to learn and succeed in school

What does it mean for your child?

Child & Youth Services, U.S. Army Community and Family Support Center, Alexandria, VA 22302-4418



Ordnance soldier completes 11-week course in 18 days

E.C. Starnes
OC&S

When Army National Guard private William C. Harrison III arrived at the U.S. Army Mechanical Maintenance School at Aberdeen Proving Ground, he expected to be in class for 11 weeks and 4 days. He was on his way back to Maine after 18 days.

It was a surprise to his Wheel Vehicle Repair (military occupational skill 63W10) instructors and to him, although it shouldn't have been.

Harrison has been working on cars as long as he could remember. He has three years of vocational training in automotive maintenance and is ASE (National Institute for Automotive Service Excellence) certified in diesel maintenance.

The 20-year-old native of Limestone, Me., is assigned to the 1152nd Towed Artillery Support Team in Caribou, Maine. According to Harrison, he became interested in the Army because of the financial security and college assistance.

Still, with his background, he did not expect to breeze through the course like he did.

“Actually,” he said, “I really thought that because of how in-depth they [the military instructors] went with certain things, that I would have missed some of the tests due to the fact that a HMMWV and other military vehicles are pretty different than the civilian vehicles. Although, they all revolve around the same principle.”

Once he started demonstrating his hands-on ability, he began mvoing rapidly through the course.

“Once the tests were being performed and they saw how eas-

ily I was passing them, they decided I must have enough experience to show that I could perform any task at hand,” Harrison said.

His demonstrated ability, plus his certificate in diesel mechanics, permitted him to move through the course quickly.

How does he compare the training environment at OMMS as compared to his civilian training?

“It was much like the training I had in the civilian world,” he said. “The instructors were very thorough on what they taught. They were very informative on even the smallest details. It was actually shocking for me to see that they even had ASE-certified civilians teaching the specific fields that they were certified on.”

Harrison added that the OMMS instructors were “pretty much the same [as his civilian vocational school instructors] except for the fact that they were all sergeants so you had to be ‘military’ about how you talked to them.

“The only real difference,” he said, “is that they have a little sense of humor with push-ups.”

Harrison stated that some people in his home unit were skeptical about his accomplishment. He silences the skeptics by showing them the Ordnance “Coin” presented to him by Maj. Gen. Mitchell H. Stevenson, the Army’s Chief of Ordnance.

Personally he is surprised by the thought of anyone considering him any different than any other soldier mechanic.

“I didn’t expect anyone to be doing a story about this. I thought it would be brought up at my home unit from time to time. I didn’t realize that it was that big of a deal,” Harrison said.

‘Miles of Smiles’ for vets

USO

The USO of Metropolitan Washington is currently planning its 16th annual “Miles of Smiles.”

On Feb. 10, the USO of Metropolitan Washington and the Veterans Affairs Medical Center will present the “World’s Longest Valentine” to hospitalized veterans in conjunction with the National Salute to Hospitalized Veterans Week. The “Miles of Smiles” ceremony will take place at the VA Medical Center, Washington, D.C., at 1:30 p.m.

The Washington Wizards Dance Team will perform, and after the ceremony, volunteers will visit the hospital wards to hand out portions of the card, along with donated candies and flowers.

USO-Metro has assembled the “World’s Longest Valentine” which is collected from local businesses, active duty service members, civic associations, military units

and school children. The USO of Metropolitan Washington would like to invite everyone to participate in the creation of the Valentine for this heart-warming event.

Everyone is encouraged to make Valentines on perforated computer paper - all cards will be distributed to the many veterans who are at the VA Hospital. Send all donations to: USO-Metro, Community Center - Bldg 405, 228 McNair Road, Fort Myer, VA 22211.

Volunteers also are needed for setting up and running the game table, for escorting and assisting patients to the game table and to visit patients and distribute Valentines.

For more information regarding the Valentine, call the USO-Metro Programs Office at 703-696-3279.

For any questions about how you can participate in the VAMC program, call Paula Gorman at 202-745-8692.

2003 USO Guide to Washington and Baltimore available

USO

The USO of Metropolitan Washington 2003 Guide to Washington and Baltimore is now available for distribution.

The winning cover photo, taken by U.S. Air Force Staff Sgt. Jennifer Gangemi, from the photography contest is featured on the cover of the guide. This year’s cover features Air Force Honor Guard drill team members Senior Airman John Gray and Airman 1st Class Elijah Freeman caught in a perfect moment during a recruiting photo shoot in front of the Washington Monument.

This is the 15th edition of the guide, which has become an invaluable resource for service members stationed, or on temporary assignment, in the Washington metropolitan area. The guide provides a comprehensive listing of USO and military resources, information on sight seeing and recreation, maps, and general information on living in the area.

The guide is provided free of charge to members of the military and their families. To arrange a pick up of multiple copies of the guide, call one of the following USO-Metro locations:

Fort Belvoir, USO Family Support Services, 703-805-2464
Fort Myer, USO-Metro Headquarters, 703-696-2628
BWI Airport, USO International Gateway Lounge: 410-859-4425

Copies are also being distributed through area Senior Enlisted Advisors. USO-Metro will also mail a copy for \$2 (to cover postage and handling). For more information, call 703-696-2628.

MWR • Morale, Recreation & Welfare

MWR announces gospel concert March 8

Join MWR March 8 for “Celebrating the Gospel in Song” featuring Evangelist Shirley Caesar and the Caesar Singers. Tickets are \$30 in advance and \$35 at the door.

The concert will be held at Aberdeen Proving Ground in the Post Theater. For tickets call MWR Registration, at 410-278-4907, or visit building 3326.

For more information, call Earlene Allen at 410-278-3854 or e-mail earlene.allen@usag.apg.army.mil. For information on the performers, visit www.shirleycaesar.com or www.worldrecords.com.



Photo courtesy of MWR

Shirley Caesar, award winning gospel singer, comes to APG Post Theater March 8. A career that spans four decades, Caesar's awards include 11 Grammys, 19 Doves and 13 Stellar awards. President George W. Bush recognized Caesar at the White House in May 2001 as a pioneer of gospel music as a Black Music Month's Legend Honoree.

APG SCHOOL LIAISON

Family homeschool

The School Liaison/Youth Education Services Office is seeking to connect with APG parents who homeschool their children to establish a working network and support structure. A meeting to share information and resources will be coordinated with all who respond. Those interested should call Ivan Mehosky at 410-278-2857, building 2752, or e-mail ivan.mehosky@usag.apg.army.mil.

Family homeschool conference

Sandy Cove Ministries, a conference center in North East, will host a 'Family Homeschool Conference' July 6 to 11. The featured speakers are Bill and Diana Waring, who have been homeschooling their three children for more than 16 years. For more information, call Sandy Cove at 1-800-234-2683 or visit online at: www.sandycove.org.

APG 'Youth of the Quarter/Youth of the Year'

Two teens from the APG youth centers will be honored on Jan. 28, at 4:30 p.m. at the Aberdeen Area Youth Center, building 2522 during the annual APG 'Youth of the Quarter/Youth of the Year Awards Ceremony.

'On the move'

'On The Move,' is the official magazine of the Military Child Education Coalition, helping the mobile military child succeed, is a resource for military and civilian parents. A limited number of copies are available at the School Liaison/Youth Education Services Office, Room 200, building 2752, on a first-come, first-served basis.

As a member of MCEC, APG and the Harford County Public School System are linked because of the MCEC's Memorandum of Agreement, signed in September 2002. The memorandum focuses on transition and the mobile, military connected student. MCEC is an education resource tool for parents, teachers, administrators, and military personnel. Visit their Web site at www.MilitaryChild.org.

State of the schools

To receive a faxed copy of the '2003 State of the Schools-Student Academic Performance,' Harford County Public Schools, call Ivan Mehosky, School Liaison/Youth Education Services at 410-278-2857 and leave your name and fax number. To stay current with Harford County Public Schools, visit Web site, www.co.ha.md.us/harford_school.

For customer service, call the 24-hour Customer Action Line at 410-638-0022.

Activities

Tai Chi

Beginning Feb. 3 learn to strengthen and stretch the body with Tai Chi. This four-week class will help develop the deeper meditative side of Tai Chi through footwork, balance and coordination by practicing the four basic stances. Classes will be held in the AA Youth Center from 11:30 a.m. to 12:30 p.m. every Monday and Wednesday. Another class will be held in the EA Fitness Center starting Feb. 4 from 6 to 7 p.m. on Tuesday and Thursday. Cost is \$40 or \$100 for three consecutive months. Register by Jan. 24 at MWR Registration or go online at www.apgmwr.com. For more information, call Stacie Umbarger at 410-278-3931 or e-mail her at stacie.umbarger@usag.apg.army.mil.

Introduction to golf

This two-hour class will help take the fear out of the game for the first time golfer. Class includes a brief tour of the club house, a demonstration on how the ball machine works, and discusses golf

etiquette and the difference between golf clubs. Each participant will receive a special gift. Class will held on Feb. 1 at Ruggles Golf Course from 11 a.m. to 1 p.m. Cost is \$30. Register by Jan. 24 at MWR Registration or register online at www.apgmwr.com. For more information, call Stacie Umbarger at 40-278-3931 or e-mail stacie.umbarger@usag.apg-army.mil.

Golf School for beginners

This four-week series of classes takes the intimidation out of the game for the first time golfers. Instruction on the correct stance, grip, clubs, etiquette and the swing will be provided. The first class will be held on Feb. 1 at Ruggles Golf Course, 11 a.m. to 1 p.m. but subsequent classes will be one hour. Cost for the series of classes is \$55. Register by Jan. 24 at MWR Registration, Ruggles Golf Course, or online at www.apgmwr.com. For more information, call Stacie Umbarger at 410-278-3931 or e-mail stacie.umbarger@usag.apg.army.mil.

Atlantic City trip

Join MWR for the thrill of victory or the agony of defeat Feb. 7. The bus will pick up passengers in Edgewood and Aberdeen and drop off at Bally's casino. Casinos within walking distance include Wild Wild West, Taj Majal and Sands. Purchase tickets by Jan. 31 at MWR Registration for \$20. Participants will receive \$18 in coins upon arrival at casino. For more information, call Stacie Umbarger at 410-278-3931 or e-mail stacie.umbarger@usag.apg.army.mil.

Bowling specials

There will be an 8-Pin No Tap tournament for Advanced Individual Training students only on Jan. 17. Cost is \$6.

A lunch bowling league will begin Jan. 21 and run every Tuesday, 11:30 a.m. to 12:30 p.m. Each team will play two games. The cost is \$10 per person per week. For more information, call Dave Brewner at 410-278-4041 or e-mail dave.brewner@usag.apg.army.mil.

MOVIES

ADMISSION: ADULTS \$3, CHILDREN \$1.50
Building 3245 Aberdeen Boulevard

ANALYZE THAT

Friday, Jan. 17, 7 p.m.

Starring: Robert DeNiro, Billy Crystal



The Mafia's Paul Vitti (De Niro) is back in prison and will need some serious counseling when he gets out. Naturally, he returns to his analyst Dr. Ben Sobel (Crystal) for help and finds that Sobel needs some serious help himself as he has inherited the family practice, as well as an excess stock of stress. (Rated R)



TREASURE PLANET (FREE ADMISSION)

Saturday, Jan. 18, 1 p.m. and 7 p.m.

Animated

Fifteen-year old Jim Hawkins joins the crew of an intergalactic expedition as cabin boy aboard a glittering space galleon. Befriended by the ship's cook, a charismatic cyborg named John Silver, Hawkins blossoms under his guidance and shows the makings of a fine spacer as he and the alien crew battle supernovas. (Rated PG)



DIE ANOTHER DAY

Saturday, Jan. 18, 9 p.m.

Starring: Pierce Brosnan, Halle Berry

Bond is on the trail of new villains - the deadly megalomaniac Gustav Graves and his ruthless right hand man, the North Korean Zao. Along the way, Bond crosses paths with Jinx and Miranda Frost, before following Graves to his lair in Iceland, a place built entirely of ice. (Rated R)

LIBRARY BOOK CORNER

Operating hours of the Aberdeen Area Library, building 3320, are Saturday and Sunday, 1 to 5 p.m., Monday, Wednesday and Thursday, 11:30 a.m. to 6:30 p.m.\

Post libraries announce Preschool Story Time

The post libraries will hold Preschool StoryTime at 9:45 a.m. every Tuesday in the Edgewood Area library, Jan. 21, Feb. 4 and 18 and every Wednesday in the Aberdeen Area library, Jan. 22, Feb. 5 and 19. StoryTime includes 30 minutes of stories, songs, finger plays, puppets and more. Families and home care providers are welcome. No registration required

Recently acquired juvenile books:



The Spider and the Fly
by Mary Howitt

For fans of the dark and lovely, here is the 1829, cautionary timeless poem written with a lesson for children of all ages. The magical, black and white illustrations in this new version are reminiscent of Hollywood horror movies of the 1920s. However sinister the spider's intentions may be, his home is full of humorous, eye-catching details.

The Edgewood Area library is open Tuesday, 11:30 a.m. to 6:30 p.m. For information, call 410-436-3589.

How Are You Peeling?
by Saxton Freymann



Miss Mary Mack
by Mary Ann Hoberman



Martin's Big Words by Doreen Rappaport

My Teacher Sleeps in School
by Leatie Weiss



The Edgewood Area library is open Tuesday, 11:30 a.m. to 6:30 p.m. For information, call 410-436-3589.

To receive a complete listing of the library's new materials via e-mail and also reserve items electronically, call the library at 410-278-3417.

Registering for MWR activities

Don't forget that registering for MWR classes and programs can be done online at www.apgmwr.com. For more information, call our MWR Registration office at 410-278-4907 or e-mail MwrRegistration@usag.apg.army.mil.

YogaFit class

Get in shape every Tuesday and Thursday with YogaFit. YogaFit is a hybrid style of yoga that is fitness oriented and user friendly. The YogaFit style follows the traditional group exercise model of warm-up, workout and cool down. Classes are held in the EA Fitness Center from 5 to 6 p.m. Cost is \$30 for 10 weeks. Register at MWR Registration, AA Fitness Center or the EA Fitness Center. For more information, call Stacie Umbarger at 410-278-3931 or e-mail stacie.umbarger@usag.apag.army.mil.

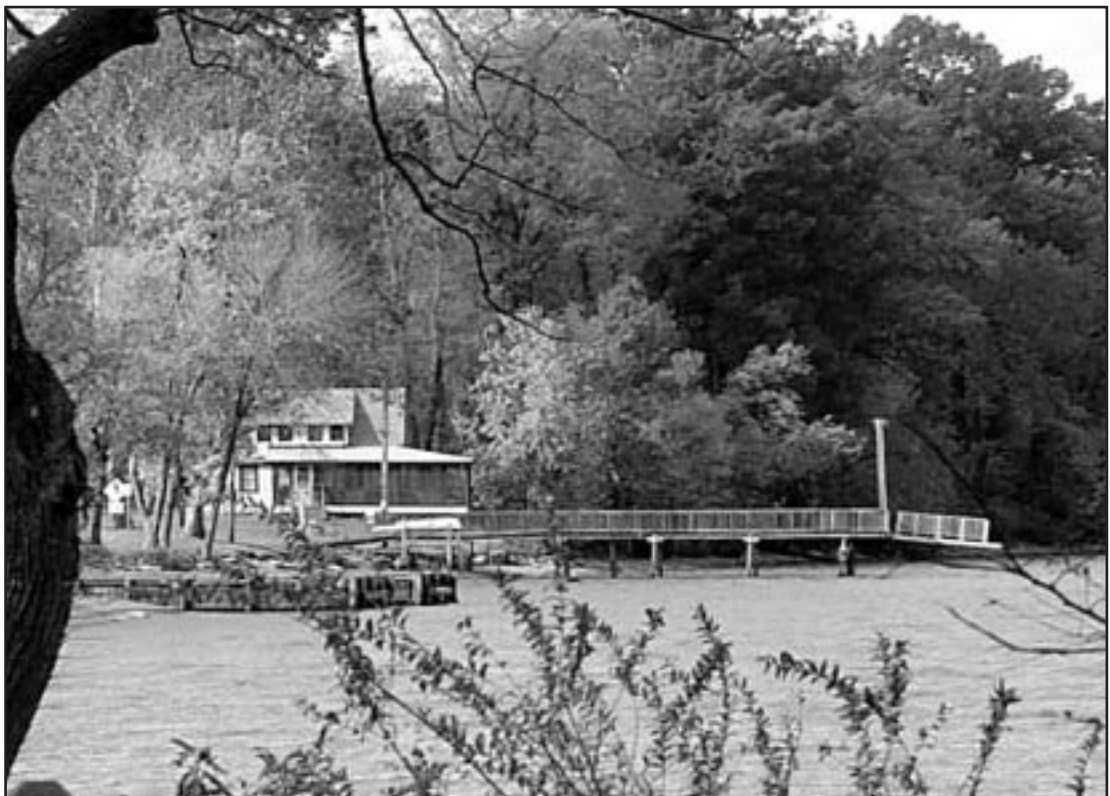


Photo by KELLY HILL

The boat docks at Spesutie Island appear quiet this time of year. To learn about membership in the SIBA boat club, call 410-278-4124.

Joining the boat club

The Spesutie Island Boating Activity is accepting applications for the 2003 season. Membership is open to active duty military, full time Army National Guard, retired military, APG DoD/Nonappropriated Fund civilian employees, retired APG DA civilians, and long term contractors with government ID card.

Membership requirements include performance of eight hours of work and standing assigned security watches. Members must provide proof of identification, boat registration and liability insurance.

Costs are:
moored boat with parking lot space for trailer is \$19 per foot

moored boat (only) is \$11 per foot
boat on trailer in parking lot space is \$8 per foot
ramp access (only) is \$7.50 per foot
Applications can be picked up at the SIBA Club house, building 36 or at Outdoor Recreation.

For more information, call 410-278-4124.



Army adjusts child care fees

Army News Service

Child-care fee changes issued by the Department of Defense will become effective in January for families using Army child development centers and school-age programs.

Commanders use the DOD fee ranges as the basis for determining local fees. This year changes in the way fees are calculated will reduce fees for some lower-income families and dual military couples, while officials said other patrons will likely see a \$2 to \$4 increase per week.

Army child care fees adhere to Department of Defense Child Development Program Fee Ranges based on family income levels. After an 18-month review, two major changes have been made in how fees are calculated.

First, the income limit for the lowest family income category (Category 1) has been raised from \$23,000 to \$28,000. This is the first time the Category 1 income limit has been changed since the fee scale was established in 1990.

"We are hoping that more families will be eligible for Category I instead of Category II and thereby pay lower fees," said Nancy Campbell, a Child and Youth Services staff member at the U.S. Army Community and Family Support Center in Alexandria, Va.

The Army fee guidance establishes the minimum weekly DOD fee (\$42/week) for all Category 1 patrons Army-wide in

response to an Army Family Action Plan recommendation. Commanders select installation fees in the other five categories. Those patrons will likely see a \$2 to \$4 increase per week.

Secondly, dual military couples living off post will benefit from a change in the way Basic Allowance for Housing is calculated as part of total family income. Previously, BAH for both soldiers was counted toward determining family income, which placed some families into higher income categories causing them to pay higher fees. However, starting this year, only the BAH for the senior member of the dual military couple will be used in determining total family income.

Campbell said that with 100 percent of Army child development centers accredited through the National Association for the Education of Young Children, soldiers are getting the best quality child care at a significantly reduced cost. In comparison, only 8 percent of off-post centers are accredited, and fees for comparable childcare are usually 20 to 50 percent more expensive than those on post, she said.

"Military child care is a terrific value in terms of what you get for your child care dollar...10 to 12 hours of care per day, meals, snacks, trained staff, state of the art facilities, no additional charges for infants and the high quality of care your child receives," she said.

Another advantage of Army childcare is that child develop-

ment centers and Family Child Care homes accept infants and usually have longer operating hours than do off post programs, Campbell said said. Finding infant care and extended hours care off post is both difficult and extremely expensive, said Campbell.

The fee policy changes will not affect FCC home fees, Campbell said. Family child-care homes run by military spouses in government quarters fall under the oversight of Child and Youth Services, but are private home-based businesses.

Patron fees generally cover only half the cost of Army child care, said Campbell. Appropriated funds cover the rest.

The new fees are effective in January so soldiers can use their December 2002 Leave and Earnings Statement to determine their family income category for fees, said Campbell. The January LES will include a military pay increase, which would bump many families into a higher fee category.

"The intent is to have their fees set at the lower level, before their FY 03 pay raise goes into effect," Campbell said.

Child and Youth Services is a component of the U.S. Army Community and Family Support Center, the headquarters Department of the Army agency responsible for delivering more than 200 Morale, Welfare, Recreation and family programs worldwide.

(Editor's note: Information provided by CFSC Public Affairs.)

Exchange

From front page

noted, and myriad thousands more have been tapped for duty as part of the U.S. military buildup for potential war against Iraq.

Questions were raised in late 2002 about the travel penalties faced by service members called off leave for military operations.

At DoD's request, GSA officials queried City Pairs Program carriers — the contract carriers for government travelers — regarding ticket exchange penalties and waivers for mili-

tary personnel, Ward remarked. Meanwhile, she added, Air Mobility Command officials pursued parallel inquiries and ultimately coordinated much of the discussion between DoD and the airlines regarding waivers.

Information on the Military Assistance Program Web site notes that the Army Emergency Relief Society, Navy-Marine Corps Relief Society and the Air Force Aid Society may provide loans to cover unexpected expenses resulting when air carriers don't waive fees or penalties.

The Web site notes that service members needing financial help of this type can call or visit the relief society office at the nearest military installation. The three organizations have

reciprocal agreements with each other and the Coast Guard.

Policies for changing reservations or travel plans vary across the travel industry, Ward explained, noting that Amtrak tickets, for example, can be changed without charge in most cases. In contrast, prearranged travel packages would be more difficult to alter.

"However, the travel issues related to short-term deployments are broader than changes in personal travel plans," Ward said. Certain military personnel, such as single and dual military parents, are required to have family care plans for deployments, she noted, adding that these plans can involve sending children to distant family members or bringing a caretaker into the

home.

Ward said DoD is exploring the issue of this kind of short- fused family travel with the airlines. Pending new airline policies, she said, DoD recommends service members implement-

ing plans that call for short-fused family travel ask their airline representative about eligibility requirements for any special fares.

Military families whose care plans rely on other forms of transportation should check their carriers' policies, Ward said. In any case, she noted, local military service relief societies might offer loans to cover these expenses

Vaccine

From front page

Additionally, Kiley held three town hall meetings through the week to tell Walter Reed staff why the initial controlled immunizations were being conducted. He also addressed their concerns and answered their questions.

In addition to soldiers, Walter Reed civilian employees were able to volunteer to participate as well. "We [have been] immunizing [government] civilian employees who are part of the Smallpox Response Plan," said Col. Dallas C. Hack, chief of the Walter Reed Preventive Medicine Service, and co-coordinator of the Walter Reed Smallpox Vaccination Program.

The Army is using Food and Drug Administration licensed doses of smallpox vaccine, also known as vaccinia or DryVax, manufactured by Wyeth Labrottries, according to Lt. Col. John D. Grabenstein, deputy director for military vaccines at the Office of the Army Surgeon General.

Grabenstein said rather than use the potentially lethal smallpox virus for inoculation purposes, vaccinia, a much weaker virus that has a lower rate of adverse reactions, is used.

"All vaccines cause side effects, but smallpox causes a unique reaction at the vaccination site. After vaccination, a red blister appears that should turn white six to eight days [later]. Then it will turn into a scab. This shows successful vaccination," Grabenstein said.

"Most people feel a stinging or burning sensation right after vaccination that lasts less than a minute," he added.

"Most people experience normal, usually mild, reactions, such as sore arm, fever, headache, body ache and fatigue," Grabenstein said. "These symptoms may peak eight to 12 days after vaccination.

"The lymph nodes in the armpit of the vaccinated arm or in the neck may become

large and painful for a week or so," he said.

"The vaccination should become tender, red and itchy. A blister will form [at the site] and then fill with pus. When the scab dries and falls off on its own, after about two or three weeks, a permanent scar remains," Grabenstein said.

The inoculation is usually administered with a bifurcated needle with a fork-like tip. The tip has a tiny reservoir that retains a measured dose of the vaccine after being dipped into the vial.

A series of small jabs at the inoculation site are made to deliver the vaccine. A person who is being immunized for smallpox for the first time receives three jabs. Anyone who has been vaccinated against smallpox in the past will receive 15.

"Because they already have some immunity, it is likely the vaccine will not 'take' if given with fewer jabs," Hack said.

Hack cautioned that the immunization is not for everyone.

"Individuals with a history of childhood eczema, those with eczema now, women who are pregnant, those who are immuno-compromised (for example: HIV and current cancer patients), those who are in prolonged close contact with [people with these conditions] and those who have children less than a year old in the home should perhaps not take the vaccine," Hack said.

Those getting inoculated Dec. 18 did not seem worried while they stood in the long line leading to the immunization rooms. One second lieutenant who had never been vaccinated against smallpox, said she didn't mind sacrificing her holidays, especially if data from this initial run will improve the process for those who get immunized in the coming weeks.

An Army specialist said the vaccination "didn't even hurt." But he admitted to being slightly apprehensive about it beforehand.

In the final analysis, though, he said "I'd rather be vaccinated than not."

(Editor's note: Michael E. Dukes is a staff writer for the Walter Reed Stripe newspaper.)

Smallpox fast facts

The vaccine

Don't touch the site of the smallpox vaccination. If you do, wash your hands.

The smallpox vaccination is safe, with low incidence of serious side effects or death. Normal side effects include fever, chills, body and headache and soreness at the vaccination site.

Getting the smallpox vaccine is mandatory for all soldiers unless medically exempt.

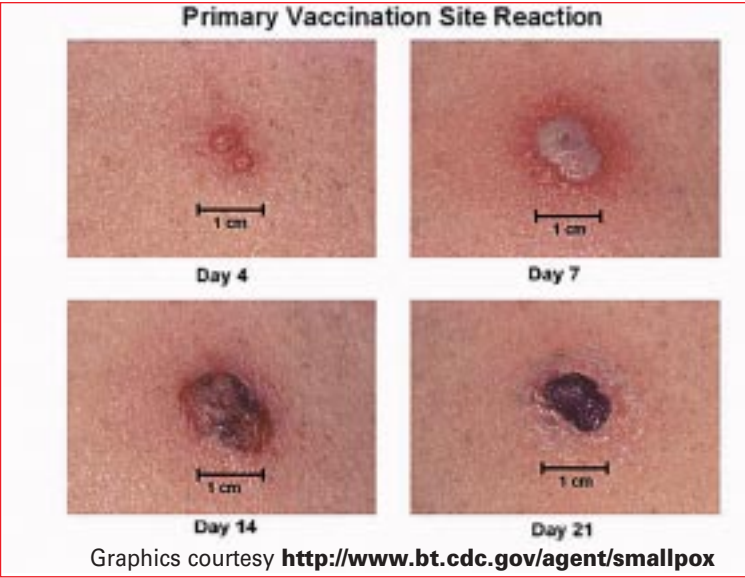
Soldiers who are medically exempt from getting the smallpox vaccination are still deployable.

The disease

Smallpox is a serious disease, with a 30 percent chance of death. Survivors are often badly scarred and, in rare cases, blinded by the disease.

Smallpox symptoms include high fever, body rash, vomiting and head and body aches.

For more information, visit www.bt.cdc.gov/agent/smallpox/index.asp or www.vaccines.army.mil/smallpox.asp.



Smallpox vaccination screening questions

Be prepared to answer several questions when you line up to get your smallpox vaccination. The screening process' purpose is to ensure only those soldiers who don't have health issues that could be compromised by the vaccine get the shot. Some questions to expect include:

- Are you or do you live with someone who is pregnant?
- Did you ever receive a smallpox vaccine?
- Are you currently ill with a fever?
- Have you ever had a reaction to a vaccination?

Bradley celebrates 25 years



Front of coin

The front of the coin features a Bradley A0, the first Bradley Fighting Vehicle System in production, and a Bradley A3, the current Bradley. Coins were presented at a U.S. Army Aberdeen Test Center ceremony and celebration, Dec. 3.

Story and photos by
Susan Hagan
ATC/ATSS

A Bradley Fighting Vehicle Systems 25th anniversary celebration and coin presentation was held Dec. 3 to recognize the efforts of U.S. Army Aberdeen Test Center employees working on the Bradley program.

Col. Curtis McCoy, program manager, BFVS, expressed his appreciation to ATC.

“I look at you guys as my right hand men,” he said, “You are the final validators.

“The work we’ve done all these years has paid off. I look at the vehicle [behind me] and I’m confident when we put soldiers in it, they will survive.”

McCoy presented the ATC employees and several U.S. Army Developmental Test Center and Army Environmental Center employees with a BFVS commemorative 25th

anniversary coin.

“I feel like everybody in this room who has ever touched a Bradley deserves a coin,” he said.

Col. Mary Brown, ATC commander, expressed her appreciation to BFVS for their loyalty to ATC over the years.

“Together, we have given the Warfighter a great vehicle,” she said.

ATC has been testing the BFVS since its inception in 1977. Development has branched into many different test areas at ATC, from automotive to weapons performance and full live-fire survivability testing.

BFVS provides a versatile family of full-tracked, lightly armored fighting vehicles designed to accompany the M1 Abrams Main Battle Tank into battle. The newest generation of the Bradley is the Bradley M2A3/M3A3.



Back of coin

The back of the coin features the infantry emblem. The coin commemorates the 25th anniversary of the Bradley Fighting Vehicle Systems and was given to U.S. Army Aberdeen Test Center, Developmental Test Center and Army Environmental Center employees to recognize their efforts.

Drill competition seals camaraderie

Story by **1st Lts. Victoria Garner and David Sullivan**
OC&S

The 143rd Ordnance Battalion sealed a time-honored tradition among its Advanced Individual Training soldiers with a drill and ceremony competition held in the battalion parking area in November.

Companies A, B and C competed for the coveted battalion drill streamer.

Battalion Commander Lt. Col. Anthony Grant and Command Sgt. Maj. Neslie Ethridge headed a panel of senior enlisted judges that included 61st Ordnance Brigade Commander Col. Paul Meredith and Command Sgt. Maj. Edith Crofts.

“Now you know what it takes to be good soldiers,” Meredith told the soldiers. “Every time you march, march proud like that.”

“There was so much knowledge out there,” Ethridge said of the units’ performances. “I was thoroughly impressed.”

He told the assembled troops that through competition they learned a valuable lesson in camaraderie and esprit de corps.

“I thank you and your drill sergeants for every night I saw you out here practicing in the dark,” Ethridge said.

Members of the battalion’s family readiness group were on hand to help take the chill off the day, offering hot chocolate, chili, hot dogs and nachos to the hungry troops.

Company B, 143rd Ordnance Battalion, under the leadership of Senior Drill Sergeant Jesse Player and platoon guide Pvt. Clarence Price, took home the streamer.

“It’s all about the soldiers,” Player said when asked about the competition.

“I didn’t have to do much,” Price added. “It was more of a group effort. It all just came together.”

Capt. Christopher Metz, Company B, 143rd Ordnance

Battalion commander, said he could not be more proud of the team.

“It’s always one fight, one team,” Metz said. “That’s what we try to instill in our soldiers. I give all credit to my senior drill sergeant.”

Company A, 143rd Ordnance Battalion, led by Drill Sergeant Guy Hinkle and Pvt. Maurice Harrison, placed second for fancy drill. Drill Sergeant Andrew Gibby and Pvt. Fernando Delzadillo led the Company C, 143rd Ordnance Battalion drill team.

The drill and ceremony competition is a tradition in which units or teams compete against each other in large scale marching. Competition is intense for a place on the unit drill teams. Dexterity and military bearing are essential elements.

A panel of judges decides the winner.

Each team in the competition consisted of one drill sergeant and 40 soldiers. The teams executed two types of drills, the formal and the fancy.

During the formal drill, the drill sergeant leads the team through 40 drill commands. The team that executes the most commands with the best synchronization wins. In the fancy drill, an AIT soldier takes charge, leading the team through a series of fancy steps of their own design. The fancy drill is bound only by the limits of the imagination and is judged on originality, difficulty and precision. The only rule is that they must be in good taste.

Using intricate maneuvers, various facing movements and counter-movements and superb discipline, the training and practice showed in the units’ performances.



Photos by YVONNE JOHNSON
Command Sgt. Maj. Neslie Ethridge and Senior Drill Sgt. Jesse Player place the battalion drill streamer on the Company B, 143rd Ordnance Battalion guidon.



Pvt. Clarence Price leads the Company B, 143rd Ordnance Battalion in the fancy drill segment of the battalion drill and ceremony competition for which the unit won first place and the battalion drill streamer in November.

LEAVE DONATION

Employees eligible for donations in the Voluntary Leave Transfer Program are:

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and

William G. Argiropoulos
Mary A Banaszak
Fay Walker Banker
(hip replacement)
Mildred T. Becker (surgery)
Marian Bellis
(fracture of left tibia)

Gretchen E. Blethen
Robert J. Boonstoppel
(surgery)
Bonnie Bromley
(liver transplant)
Daniel Brown (father has
emphysema)

Tammy Budkey
Jane E. Calahan (surgery)
Patricia D. Choate
Nancy Coleman-Jones
(surgery)
Tracy H Coliano-Hirsch
(maternity)

OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Employees leaving the program should contact Dave Mial, 410-278-1524, to complete a termination form.

Geraldine S. Cragg
Dawn M. Crouse (surgery)
Jessica L. Dang (maternity)
Rene de Pontbriand
Tricia Lin Dietz
Fred Dill
Joseph R. Dugan

Messina Enderlein
Wayne Erb (wife is ill)
Patty Gibson
Edgar W. Greer
Michael L. Hitchcock
(surgery)
Fern L. Hitchcock (surgery)
Melanie A. Hoffman (parasitosis, fibromyalgia condition)
Stephen Howard (bone marrow transplant)
Theresa L. Hutchins
Evelyn K. Johnson
(surgery)
Marcia Johnson
(caregiver for daughter)
Marlin Julian
(heart surgery)
Mary B. Kane
(surgery on leg)
Jennifer Keetley
(mater-nity)
Beverly King
(caring for husband)
William Klein
Anita L. Koller
(care for husband)
Carrie L. Lambert
Angela R. Little (neck and shoulder injury)
William B. McLean
(kidney failure)
Stacy Miller (maternity)
Michelle Millary
(taking care of father)
John E. Mogan (surgery)
Calvin E. Peake
Cecil Pennington (surgery)
Karen S. Pense
Mary E. Pettitway
Linda M. D. Queen
Barbara Carol Remines
(surgery)
Michael Reynolds
Boyd J. Richards
(care of mother)
Denise Robinson

(mater-nity)
Ricky Ross (heart attack)
Allan Scarborough
(back surgery)
Jennifer W. Sekowski
Sherry Schaffer
Diane Scott
Lena Shelton
Teresa L. Shores
Colvin J. Strickler II
Rachel Swearingen
Hilary P. Talbot
Gale L. Thompson (surgery)
Alison Tichenor (surgery)
Susan J. Townsend (surgery)
Sandra M. Wachter (surgery)
Rosalind Walters-Kenion
(maternity)
Cecelia Walton (respiratory problems)
Michelle L. Watters
Beverly A. Werner (surgery)
Michael R. Willard
Charles Young (kidney and pancreas transplant)
Ludilina O. Valarao (surgery)
(brain tumor removed)
Wanda L. Waldon (surgery)
*Colleen Waller
Josephine O. Wojtechowski
(care for elderly parents)

For information about donating annual leave, call Dave Mial at 410-278-1524 or fax 410-278-7877.

(*An asterisk indicates employees working at the APG office of the U.S. Army Research Laboratory.

Call Susan Goldberg, 301-394-1080, regarding ARL employees.)